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A team works on their game on Saturday night. This is the sixth year that UMSL has hosted the Global Game Jam.

Waves of Gamers Participate in Global Game Jam at UMSL

MICHAEL PLUMB
ADVERTISING DIRECTOR
KAT RIDDLER
EDITOR-IN-CHIEF

HAVE YOU ever wanted to create a video game, tabletop game, or any other activity but did not have the resources or time? The Global Game Jam (GGJ) brings those interested in creating games together in one place with the sole purpose of creating a game over a 48-hour period. Ideally, teams are three to five people but some groups may be larger.

The GGJ was held from Jan. 20 through 22 at the University of Missouri–St. Louis by the Information Systems Programming Club (ISPC). The weekend event kicked off in room 222 of the Social Sciences & Business Building at 4:30 p.m. with people registering and forming groups for the weekend. The event ran through Sunday at 7 p.m. with the deadline for members to submit their game at 3 p.m. and demo their game and others afterwards. Spillover rooms for meals and sleep were provided. The opening and closing ceremonies took place in the auditorium and room 118 SSB.

The free, annual event allows participants to design and create digital and nondigital games over the course of the 48-hour period. Participants are expected to bring their own equipment while UMSL provides internet, some access to

scanners and printers and access to a Tobii eye tracker. The games must follow a secret theme announced at the beginning of the event. This year's theme was waves. Previous themes have been deception, extinction, and ritual.

Danish Mirchandani, chair of the information systems department, helped organize and run the event at UMSL. Mirchandani said, "The main reason we have it here is because it is home for UMSL students. They can't go downtown or somewhere unfamiliar. They know this is their home. I want more students to participate."

Mohamed Langi, senior, information systems, and president of ISPC, said that since the event has been held at UMSL for six years, the planning has become a little easier. Langi said, "Not only do you learn a lot [at GGJ], but you also get to put it on your resume. This is a businesslike environment. You have 48 hours to meet one goal and you have to work with a team. It doesn't have to be fully working, but it does have to be presentable. It is like a hackathon."

ISPC organized and provided the logistical space at UMSL for the event. Corporate sponsors like Nvidia and Riot Games provided a classroom in SSB transformed into a hospitality room that included food, beverages, and couches for relaxing all throughout the event. Meals were provided by Pointer's Pizza,

Panera Bread, Goodcents Deli, Hodak's, Strange Donuts and Domino's Pizza.

The GGJ has been organized by the International Game Developers Association since 2009, and events like the GGJ take place all over the world. GGJ is based in California with locations in over 90 countries. Sponsors of the event include Tobii, Unity, Facebook, Intel, Riot Games, Nvidia, and more. According to the GGJ website, the 2016 GGJ had over 600 locations in 93 countries create 6,866 games in one weekend.

The keynote speakers of GGJ this year were the creative team behind Extra Credits (formally, The Escapist). In 2008, videos created by artist Daniel Floyd and designer James Portnow discussed game design and culture. Extra Credits' pre-filmed keynote highlighted some of the expectations for the event. The narrator from Extra Credits said, "This is going to be a glorious weekend. Forty-eight hours of very little sleep, odor of the people around you, and staring into screen. Seriously, this is going to be a glorious weekend. Rarely do you get to create unfettered."

The narrator continued, "Note that it is not just about this weekend. All of this is just a jumping off point. The people you'll meet here, the ideas you'll discover, and the things you'll learn will carry with you long after you limp exhaustingly

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UMSL Celebrates Diversity on MLK Day

LEAH JONES
FEATURES EDITOR

ACROSS THE University of Missouri–St. Louis' campus students, faculty, staff, parents, children, and others celebrated Martin Luther King Jr.'s birthday in ways that were as various as the people whom King sought to include during the Civil Rights' era.

UMSL Students of Service (SOS) held their ninth annual Martin Luther King Jr. Day of Service (MLK DOS), which connected students with 212 volunteer opportunities with 12 local organizations. One of those students, Kaitlyn Sladek, sophomore, elementary education with an emphasis in special education, shares a birthday with MLK. She participated in the Pathways to Independence site, which is described on Triton Sync as "enrich[ing] the lives of adults with

the meal together. "Since I am a special education major, I want to get as much experience as I can with those with disabilities," Sladek said.

Sladek is also an Alpha Xi Delta member, and one of their philanthropic endeavors is Autism Speaks. "So this opportunity was important to me and close to my heart," Sladek continued.

Sladek said that she enjoyed spending part of her birthday volunteering. "Though I didn't spend the entire day volunteering, it was a great day. I knew it was going to be worth it because it was such an awesome experience. ... It is also a great way for our school community and the surrounding area to come together to help those in our community. It's an amazing program," she said.

While some students provided services through UMSL SOS, members of UMSL's international honors



Brian Owens and the Deacons of Soul perform 'We Shall Overcome.'

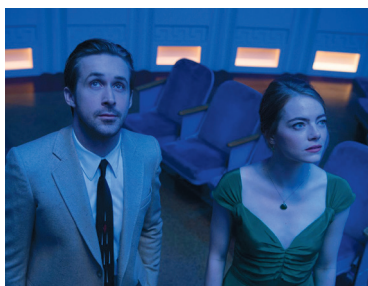
complex learning disabilities and associated disorders through the development of the social interaction and self-advocacy skills necessary to achieve each individual's goals for independence, community engagement and meaningful relationships."

Not all of the sites involved direct interaction with people at those sites, since the UMSL SOS focused on providing service to organizations as they needed it. However, since Sladek is studying pedagogy and special education, her skills proved useful at Pathways to Independence, where volunteers and residents made tomato soup, salad, and grilled cheese before enjoying

society in education, Kappa Delta Pi, provided service in their own way. Belinda Quimby, graduate, secondary education, and president of Kappa Delta Pi, helped to run a children's program on the lower level of the Blanche M. Touhill Performing Arts Center. "This is one of our biggest service projects that Kappa Delta Pi does annually. They've been doing it for several years now. It's a children's program that takes place during the same time that other celebrations and performances are going on in the auditorium for grown-ups. They can leave their kids here while they enjoy the other celebrations or they can stay and

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ON THE QUAD BY MIKE DILIBERTO

WEDNESDAY
JANUARY 25
3PM

MSC Century Room C

UMSL'S
WINTER WARM UP

Hosted by UMSL's Fraternity & Sorority Life members.

Warm up with **FREE**
Hot Chocolate, Cider,
Cookies & More!

Math Problem of the Week



Yesterday, at a hot dog stand, 100 people bought a single hot dog. Among these 100 people, 80 added mustard, 85 added ketchup, 80 added relish, and 90 added onions. What is the least number of hot dogs which had all four toppings? Email your solutions to covertjdj@umsl.edu.

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TechShop Welcomes UMSL Students and Faculty

CHRIS ZUVER
STAFF WRITER

THIS SPRING, TechShop, a community studio that focuses on cutting-edge workshop technology and equipment, is welcoming University of Missouri-St. Louis students and faculty for a second semester. TechShop, which has nine other studio locations across the country, opened its St. Louis branch in July of last year.

The studio itself is in the Cortex Innovation District on the corner of Boyle Avenue and Forest Park Avenue and is over 18,000 square feet in size. Students, teachers, entrepreneurs, entire companies, or just any ordinary person can walk

in and sign up for a membership. UMSL's College of Arts and Sciences has agreed, as of last semester, to pay the way for students to have a chance to experience TechShop and learn all about what it has to offer.

Starting last fall semester, a total of 20 memberships were given to students and faculty who signed up, allowing them to attend the workshop. This spring, there will be 20 memberships given out, followed by another 20 in the summer. Student members are able to learn about and work with a wide variety of technologies including laser cutters, 3-D printers, a machine shop, a woodshop, welding stations, design software, and much more. "There were plenty of knowledgeable staff

TechShop
BUILD YOUR DREAMS HERE

members around to ask if I had a question or to bounce an idea off of," said UMSL student Jordan Sieve, graduate student, who attended the workshop in the fall semester. "My favorite thing about it is that it's a place I can go to and have access to an array of equipment that I wouldn't normally have."

"The best part about TechShop, to me, is the excitement that the students have about it," said Dean of the College of Arts and Sciences, Ron Yasbin, who, along with Vice Provost Christopher Spilling, was crucial in supporting UMSL's decision to work with TechShop. "I

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TechShop Welcomes UMSL Students and Faculty Another Semester

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think it opens some possibilities for other ways we can do things,” said Yasbin. “In the future, if there are more companies like TechShop who can integrate with colleges, it could be really helpful.”

UMSL Research Associate Professor Joel Epstein, who also attended in the fall, was positive about his experience. He said, “One of the things that surprised me the most about my time there was how friendly and helpful all the staff was. The staff worked with me to figure out what I needed to do to make it all work.”

“They have some incredible equipment that students and faculty can utilize for courses,” Dean Yasbin also commented. “Faculty

are utilizing it for their classes. Students, faculty, and staff, are using it for their own projects, which is an incentive that we can advertise: the fact that we’re offering this to our students.”

“We knew that University membership would be a hit,” said TechShop General Manager Mike Hill, “and UMSL’s memberships are no exception. It’s exciting to see students and faculty working on projects and taking classes to enhance the work they’re already doing on campus. TechShop is thrilled to be the bridge for students between college life and the St. Louis Maker and Entrepreneur community.”

TechShop is open from 9 a.m. until midnight, seven days a week. Additionally, the studio always welcomes walk-ins for tours.

UMSL Hosts Global Game Jam



Wes Ehrlichman at the opening ceremony.



Participants working on their game in SSB.

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[sic] out of those doors.”

At each GGJ site, participants come together to develop ideas, form small groups, create new innovative games, and present them to their peers and the global community. Teams that have participated at UMSL in previous years have gone on to create startup companies and attracted the attention of the funding and gaming communities like Butterscotch Shenanigans who participated in UMSL’s first

GGJ and later formed their company. One of the three brothers, Sam Coster, spoke at the opening ceremony this year.

Wes Ehrlichman was the event’s organizer this year. Ehrlichman and others in the community volunteer to organize the event. Ehrlichman said, “[GGJ] isn’t really owned by me, it’s owned by the community.” He encourages the community to participate in this jam or others during the year. Ehrlichman said,

“The real resource you really need is time.”

Follow the St. Louis Game Jam @stlgamejam. Free development software and other resources are located at globalgamejam.org/jammer-resources. Information about the local jammers at stlgamejam.com. Games created at UMSL’s GGJ and others can also be found on the website.



Artist’s rendering of TechShop in the Centene District

New Placards for Dining Venues Around Campus



LORI DRESNER
NEWS EDITOR

Those who dine in certain venues around campus this semester may notice the addition of new placards to the tables in those locations. The new signs allow patrons to indicate that others can either “take a seat” at their table, or that their table is unavailable.

Miriam Roccia, assistant dean of students at the University of Missouri–St. Louis, explained that the idea came from a transfer student who had seen this type of program at a previous university she attended.

“[The student] thought it was a great way for folks to feel comfortable sitting at a table with people

they may not know when seating gets tight in the Nosh,” explained Roccia. She noted that a profile later appeared in the Association of College Unions International (ACUI) Bulletin that furthered Campus Life’s interest in getting a similar program off the ground at UMSL.

The placards can currently be found in the Nosh, the Pilot House, and the Provincial House Dining Hall.

“Starting a new semester can be stressful, so with this program it is our hope that students will feel comfortable sitting down with someone they don’t know, and take the time to enjoy a bite to eat while possibly making a new friend,” said Roccia.

CAMPUS CRIME REPORT

LORI DRESNER
NEWS EDITOR

THE FOLLOWING is a series of daily crime and incident reports issued by the University of Missouri–St. Louis Police Department between January 12 and January 19.

January 12 to January 13: No incidents were reported on these dates.

January 14: At 11:30 p.m. five UMSL students involved in underage alcohol possession and drug paraphernalia at Oak Hall were reported to UMSL PD. The students were referred to the Division of Student Affairs.

January 15: No incidents were reported on this date.

January 16: At 11:56 a.m. UMSL PD, the Northeast Fire Department, and Facilities Management responded to a fire alarm at the William L. Clay Center for Nanoscience. The cause was determined to be a faulty sensor.

January 17: At 11:37 a.m. two vehicles were involved in an auto accident in the West Drive Garage; there was minor damage and no injuries. At 11:45 a.m. an UMSL student reported losing a wallet containing identification cards, cash, and a key at the Triton Store. At 6:01 p.m. an UMSL student was transported from Benton Hall to the hospital after suffering from back pain.

January 18: At 11:33 a.m., UMSL PD responded to Lot L where they extinguished a vehicle fire; the mechanical cause of the fire was undetermined. At 2:10 p.m., an UMSL student at the Thomas Jefferson Library reported a lost purse.

January 19: At 6:10 a.m. a report of property damage was made to UMSL PD after an UMSL staff member discovered damaged drywall at the Arts Administration Building. At 10:30 a.m. an UMSL

student made an informational report regarding a possible Title IX violation.

At 3:22 p.m. an UMSL student reported that an individual had borrowed their cell phone and ran away with it on Grobman Drive. At 6:52 p.m. an employee at Express Scripts was transported to the hospital after experiencing pregnancy complications. At 8:30 p.m. an UMSL student reported losing a wallet at Seton Hall; the wallet was recovered before the police report completion. At 11:41 p.m. UMSL PD assisted the Normandy Police Department after an armed robbery occurred at Mansion Hill Apartments. At the time of the incident log’s last update, two suspects had been taken into custody by Normandy PD relative to the incident.

4 Baudelaire Children Brought to Netflix



Neil Patrick Harris plays Count Olaf in Netflix's 'A Series of Unfortunate Events.'

KAT RIDDLER
EDITOR-IN-CHIEF

LOOK AWAY, the title and refrain of the series' musical intro, warns viewers over and over that this story is not a typical happy-ending story. But despite such dire and numerous warnings in the intro and from characters, it is hard not to binge-watch this series on Netflix.

"Lemony Snicket's A Series of Unfortunate Events" joined the Netflix lineup on January 13 and follows the story of the Baudelaire children, who have recently become orphans. For those unfamiliar with the book series or the 2004 film, the deadpan humor of the narrator Lemony Snicket is similar in tone to the gothic humor found in the famed Addams Family comics of Charles Addams, which ran in "The New Yorker" magazine beginning in 1938. Snicket (Patrick Warburton) often breaks the fourth wall and interrupts the main storyline, adding a reprieve to the story with his dry, witty wordplay. His presence in the series serves to replicate Snicket's own quirky, idiosyncratic narrative style that readers originally fell in love with in his books.

The Netflix adaptation of the book series was developed by Mark Hudis and Barry Sonnenfeld. The series is close to the book with interjections from Snicket in the middle of the show, once again advising viewers to look away. The eight episode series covers the first four books in the series, dedicating two episodes per book. The series was approved in January for a second season that will include 10 episodes to cover the next five books. A third season is expected to cover the remaining books by the author, but this is not yet confirmed.

The series has been in the news since Count Olaf (Neil Patrick

Harris) was cast in January of last year. Count Olaf is the first guardian that the Baudelaire children are left with after a mysterious fire kills their parents. He and his acting troupe hatch an evil plan to take the children's family fortune, but he is foiled by the children, who are taken under the care of new guardians. Olaf, however, is not defeated that easily and continues his pursuit of the Baudelaire children as they try to figure out what happened to their parents. Harris does a fantastic job becoming the numerous characters that Olaf disguises himself as to bring humor to the macabre story of the Baudelaire children. Harris even throws in meta-commentary about watching a tv series in the comfort of your own home, aka Netflix.

The production of the series is masterful as viewers are transported to a variety of landscapes. The house of Count Olaf is in disarray and stands tall and villainous compared to his neighbor Justice Strauss' quaint house across the street. Aunt Josephine's house delicately teeters on the cliff overlooking Lake Lachrymose, adding to the suspense of the story as Josephine explains the flesh-eating leeches that live below them in the lake. The world is brought to life from the book series and works well with the cast and writing. The surreal feel of the show is augmented by the superb staging and sets, a cross between a steampunk fantasy and the Broadway stage.

So, despite being told numerous times to "Look Away"—don't. It is simply too hard to do that when watching this Netflix series. The writing, acting, and production are expertly executed, making this series an easy binge session. Overall, I give "Lemony Snicket's A Series of Unfortunate Events" an "A."

'La La Land:' A Masterpiece Musical for the Modern Era



Ryan Gosling and Emma Stone star in Damien Chazelle's "La La Land," a musical about two struggling artists who fall in love.

DANYEL POINDEXTER
STAFF WRITER

IN AN ensemble of youth, passion, and art, director Damien Chazelle—winner of seven Golden Globes, recipient of 11 Bafta nominations, and best known for the phenomenal film "Whiplash"—pieces together a masterpiece between two struggling artists that fall in love.

If you don't know what all the hustle and bustle is about, it's obvious you haven't seen "La La Land," released December 9. The enthralling story performed through music and dance surrounds Sebastian, played by Ryan Gosling, and Mia, played by Emma Stone, who become drawn together by their intense desire to realize their dreams in the art industry. Attracted by each other's passion for life, the two eventually fall in love but face an array of decisions and consequences that slowly unravel the reality of their relationship and dreams.

In the opening credits of "La La Land," the first official characters the audience are introduced to are not the protagonists who will fall in love, but a mass of youth and wonder performed using bright, vibrant colors that play a crucial part throughout the timeline of the movie. These various characters, like our two protagonists, wrestle with ambition as well, in hopes of accomplishing their dreams as expressed through the lyrics of the opening song, "Another Day of Sun." Though neither of them knows what the future holds, as youths, they tend to stay confident when striving for their goals in life.

The opening song is just one of many in the soundtrack of "La La Land" that uses its lyrics to tell the story of the movie. The rest of the story is told through typical movie scenes and musical numbers that sometimes only include instrumentals. While lyrics and lines are vital to many stories, the right music adjusted to the mood of its scene can do just as much. This is a major accomplishment of "La La Land." To announce the presence of the youth, the opening music uses an arrangement of trumpets, drums, etc., for a loud active beginning to coincide with the dynamic color choices and sunny day.

While all of this may sound generic, ironic, overrated, or what have you to a lot of the young people of this generation, "La La Land" still does a compelling job of keeping the interest as it pertains to the youth of today. By using the vibrant colors throughout the movie, it physically and mentally describes the optimism we usually harbor in our prime, all while keeping the viewer focused on an intricate story of reaching a dream—and possibly falling in love.

Besides the energetic colors, music, and lyrics, what really gives this movie a successful outcome is the harmonizing relationship between actors Emma Stone and Ryan Gosling. Stone's character, Mia, is a gifted aspiring actress who flickers between working at a coffee shop on the Warner Bros. studio lot and trying to get through fruitless auditions. Gosling's character, Sebastian, is extremely ambitious with an overactive personality and is deadly in love with old jazz music, but

with the digital era becoming more prominent to youthful eyes, it's not the best music to be invested in. What each needs are opportunities, but what they find is one another. Of course, that sounds cheesy, but the movie and its actors show a strong story of realistic outcomes in the world today, no matter how much in love one is.

Stone and Gosling present a triple threat to the film industry with their dynamic combination of great acting, exceptional singing, and skillful dancing. This movie definitely wasn't a walk in the park as the scene "A Lovely Night" would like you to believe. Other than learning the right pitch when singing, Stone and Gosling had to rehearse every day in order to learn an array of dance moves that included ballroom and tap dancing, all while keeping a steady chemistry on camera that connected their characters. Effortlessly, both stars stay attuned to each other's steps and flow.

Director Damien Chazelle also brilliantly unifies modern day Los Angeles with old time musicals. Of course, some sceneries were modified to meet the requirements of the director, but ultimately all scenes were shot in some part of Los Angeles that included the shutdown of an entire highway. Those who think the musical era is dead might have to tell that to their tapping toes when they watch "La La Land." Through this masterpiece, Damien Chazelle opens doors for future modern musicals in this new era of digital music.



"La La Land" the award-winning musical

Volunteering, Teaching, Speaking, and Singing; UMSL Celebrates MLK Day

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hang out and join the kids in the celebration,” Quimby said.

Quimby said that 12 to 14 teachers and professionals officially volunteered, but many of them brought friends to help, and some parents remained behind with their children, for a total of about 20 adult volunteers who provided educational programs for 80 to 100 elementary-aged children.

Children could complete MLK-related arts and crafts projects such as making and decorating buttons, bags, and bookmarks which featured phrases and symbols about peace, working together, and diversity. Children also completed global and culturally themed puzzles and literacy activities. Quimby said that the literacy activities featured MLK vocabulary and asked children to write their own dreams. Children could also read a biography of MLK and then answer “w-questions” after they had finished the book. For children with lower reading levels, Kappa Delta Pi also provided story tables where volunteers read to children.

Some of the parents who left their children in the care of the Kappa Delta Pi members and students who did not serve with the SOS attended the Martin Luther King Jr. Holiday Celebration, also in the Touhill Performing Arts Center. The Office of Diversity and Inclusion (ODI) sponsored the event, which ran from 10 a.m. to noon. Speakers, musicians, and dancers all addressed the 2017 theme for the event as listed on the ODI’s homepage: “Dr. King’s dream and legacy are for EVERYONE: How will we end fear, hatred, violence and silence?”

Chancellor Thomas George and James Widner, director of jazz studies at UMSL, opened the ceremony, with George playing the piano and Widner on bass. Deborah Burris, chief diversity officer at UMSL, gave opening remarks before KMOV reporter Justin Andrews took over as the Master of Ceremonies.

Reverend Susan Andrews, the



From left to right: Lena Ezell, Amber McCurry, Miriam Rocca before the SOS event. Below, students work at Gateway Greening.

interim pastor at the Second Presbyterian Church since 2015 and recipient of Lectionary Homiletics’ preacher of the year award in 2000, served as the first speaker of the morning. The Spreading the Love Singers, directed by Marty Casey, performed “The Star Spangled Banner” and “Lift Every Voice and Sing” next. Chancellor George gave a brief welcome speech, before the Spreading the Love Singers performed another musical presentation, followed by a dance presentation excerpt of “Freedom” by the Modern American Dance Company (MADCO), choreographed by Cecil Slaughter. The entire show will be

performed at the Touhill later this year from March 31 to April 1 at 8 p.m.

Charles Piller, past president of the Epsilon Lambda Chapter of the Alpha Phi Alpha fraternity, presented scholarship awards to Katherine Bluemel and William Holt next.

Brian Owens and the Deacons of Soul performed “Change is Gonna Come” before guest speaker Farai Chideya took the stage.

Chideya is an award-winning author, journalist, professor, lecturer and Distinguished Writer in Residence at New York University’s Arthur L. Carter Journalism

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Winter Expo Helps Students Navigate and Connect at UMSL

LEAH JONES
FEATURES EDITOR

IT IS no secret that new students can feel disoriented, lost in a labyrinth, complete with a roaring minotaur for their first few weeks at a new school. Thankfully, the University of Missouri-St. Louis’ Winter Expo connected students with organizations like New Student Programs, which handed out maps to help students navigate UMSL and their new campus like Theseus.

The Winter Expo featured booths for many of UMSL’s organizations across campus from 11 a.m. to 1 p.m. on January 18, on the second floor rotunda of the Millennium Student Center. The event aimed to connect new and returning students with different organizations to help connect them both socially and academically on campus.

Sara Ricardez, senior, biotechnology and biochemistry, and Lumil Negrón, graduate, education, and graduate assistant for Latino Recruitment and Retention, drew students to the Hispanic and Latino Association’s (HISLA) table with their bright and welcoming grins. Ricardez said, “We are the Hispanic Latino Association and we want to get to know all the Hispanic people here. We also want other people who are outside of the Latino community to know more about Latinos, our culture, our costumes, and everything.”

The diverse organization includes many international students and athletes. They also host different events throughout the semester, inviting students from outside of the Spanish-speaking community to come and learn about the rich and multiple Hispanic and Latino culture. During the fall semester, they hosted an event for the Day of the Dead, complete with an altar and paper flowers. In March, the group will host a Salsa Dance night. Spanish-speakers of all levels can also come together for Spanish days, during which native-speakers and those who are just learning to speak

Spanish can practice speaking.

“It’s really about sharing what we have to offer. It’s about sharing, and building a community so that our students can get help in many different areas,” Negrón said.

While organizations like HISLA introduce students to some of the diversity on UMSL’s campus, Nate Daugherty, one of the study abroad coordinators at USML, spoke with students about studying in some of those diverse places. With over 100 programs in 45 different countries across all six populated continents, UMSL students of all majors have the opportunity to earn credit for their degrees by taking courses abroad in both English and in foreign languages. The programs vary in length, from two to four weeks programs, to semester and year-long programs.

Daugherty said that students pay the same tuition rate and can use the same financial aid to fund these trips. However, there are extra scholarships available for students who apply to go to some of the more unique destinations. While some of the most popular destinations are places like London, Spain, Ireland, and Japan, Daugherty said that they are promoting destinations in Eastern Europe and Latin America. “Everybody says western Europe. Everybody wants to go to Britain or France,” he said. “But there’s really some unique opportunities in places like Latvia, or Hungary, or Uruguay, that students don’t necessarily think of first, but are really cool places to go. So, we incentivize that with a little bit of extra cash, on top of other scholarships.”

“It [studying abroad] is something everybody should do, for personal growth, for academic growth, for professional growth,” Daugherty continued.

Students could also grow and make connections by joining one of the Greek organizations on campus. Alpha Sigma Phi, the Theta Nu chapter at UMSL, is a new fraternity on campus. Though the

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Guided Meditation in MSC 131 Aids with Start of Semester

DANIEL STRAWHUN
OPINIONS EDITOR

THE SPRING 2017 semester has officially begun at the University of Missouri–St. Louis, and with it come the stresses and worries that accompany a full schedule. UMSL students will not only be attending classes this spring, but many will also be working full- or part-time jobs and participating in extracurricular activities around campus. During the semester, days start early in the morning and run late into the night. Most students live in a state of constant motion, moving always from one activity to the next.

Such an existence affords students little time to be mindful of the present. With such busy schedules and so many different obligations to attend to, college students often forget to fully acknowledge and experience the “here and now.” That

is why UMSL offers a weekly guided meditation session through the Counseling Services department.

Dr. Christopher Sullivan, Clinical Director for Counseling Services, holds the sessions every Wednesday afternoon from 12:30 p.m. to 12:45 p.m. in MSC 131. As Dr. Sullivan explained, the sessions have become somewhat of a fixture in the department: “The mindfulness group has met on campus for more than 10 years. It has been led by Counseling Services staff since it was first started. It was initially started by the previous director of Counseling Services who had an interest in mindfulness.”

The Mindfulness Meditation sessions typically attract between two to 10 people each week, with a number of regulars usually in attendance. Dr. Sullivan starts each session by first introducing himself. He then asks for brief introductions

from the other people in attendance, after which the meditation begins. Dr. Sullivan has a soft, soothing voice that has an immediately calming effect on the mind. He tells attendees, “For the next couple moments, there’s nothing to do, nowhere to go. These moments are opportunities to put down our projects and our calendars. To let go of our worries, our fears, and our deadlines.” This request—to leave the worries, fears, and deadlines behind—is especially welcome at the start of the new semester when most students have just received their syllabi, which tend to induce worries and fears, and which are, by default, full of deadlines.

Sitting in chairs, the meditators are first instructed to straighten their spines. Dr. Sullivan tells them that their feet should be firmly and squarely planted on the ground, and he suggests that they fold their

hands comfortably in their laps. Then he instructs them to relax their bodies and concentrate on their breathing. Their breaths should be neither strained nor forced, and throughout the 15 minute session, he continually reminds the attendees to focus on nothing but the sensation of breathing. Whenever they notice their minds start to wander, Sullivan gently urges the attendees to acknowledge the thought and then return to thinking only of their breathing. He tells them, “When you notice that your attention is no longer here and no longer with your breathing, without judging yourself, bring your attention back to your breathing, just riding the waves of your breathing, fully conscious of the duration of each breath from moment to moment.”

After around 15 minutes of meditation, Dr. Sullivan brings the session to a close by ringing a bell and

instructing attendees to open their eyes slowly. In the few minutes that remain, participants are invited to share their experiences with each other.

Regarding the health benefits of meditation, Dr. Sullivan said, “Mindfulness has a number of well studied and documented benefits. The American Psychological Association identified a number of benefits: reduced rumination, stress reduction, boosts to working memory, focus, less emotional reactivity, greater cognitive flexibility, and relationship satisfaction.”

Students, faculty, and staff at UMSL are all welcome to participate in the Mindfulness Meditation sessions. More information about relaxation techniques can be found at the Counseling Services’ virtual relaxation room: <http://www.umsll.edu/services/counselor/resources/Relaxation.html>

UMSL Triton Sport Recap January 14–19



Junior Sammie Sproul in Thursday night's game against Quincy University.

LANCE JORDAN
SPORTS EDITOR

THE UNIVERSITY of Missouri-St. Louis women's basketball team fell by just three points to the Wisconsin-Parkside Rangers on January 14 with the final score being 73-70. The Rangers picked up momentum in the fourth quarter, outscoring the Tritons 25-13. As of this game, UMSL now holds a 7-7 record and a 2-4 record in the Great Lake Valley Conference (GLVC) for the season. On a positive note, Jordan Fletcher, junior, business marketing, scored a season-high of 26 points. Shawnta Johnson, junior, communications, also scored her season best with 14 points.

The men's basketball team also faced the Wisconsin-Parkside Rangers on January 14. The Tritons faced an 86-59 setback, despite being within four points of the Rangers in the second half. However, the home team outscored the Tritons in the final 20 minutes of the match up. As of this game, the team holds an 8-9 overall record and a 2-5 GLVC record.

The UMSL men's and women's swimming team had an impressive

opening on January 14. The team won eight events in day one of competition against Lindewood University. The women's team won three of the eight events. Merel Visser, freshman, criminology won the 500-yard freestyle and also swam the third leg of the 200-yard medley relay, which also included Angie Quiroga, junior, biology, Amber Visser, sophomore, criminology, and Agnieszka Blocka, sophomore, business. Blocka also won the 100-yard breaststroke competition.

In the men's division, the men's team won four events. Radoslaw Chupka, sophomore, international business, won the 100-yard backstroke. Fernando Robledo, senior, international business, took home the 50-yard freestyle. Esteban Pombo, sophomore, business, won the 100-yard butterfly. The 200-yard medley relay was won by Chupka, Gabriel Jimenez, freshman, engineering, Mike Trefler, freshman, accounting, and Mladen Senicar, senior, biology.

Former UMSL softball All-American, Hannah Perryman, was named the recipient of the John E. Wray-Myron Holtzman Award at the 55th Annual Baseball Writers

Association of America St. Louis Chapter Dinner, which was held January 15.

The swim team finished their two day event with Lindenwood on January 16. The men's team placed first in the 400-yard medley and the 400-yard freestyle relays, while Chupka took the 400-yard individual medley. Chupka also served as the lead leg in the 400-yard medley which was also made up of Trefler, Jimenez and Senicar. The 400-yard freestyle relay also consisted of Jimenez, Trefler, Senicar and Robledo. The group won by an impressive 0.59 seconds. On the women's side, it was Blocka who was able to pull out with the victory in the 100-yard individual medley. In total, the Tritons won a combined 11 events against Lindenwood.

The women's basketball team fell 62-50 to the Maryville University team on January 16. Robneisha Lee, senior, liberal studies, scored the most for the team with 15 points, while also adding four steals.

Both the men's and women's basketball team walked away with the win against the visiting Quincy University on Thursday, January 19. The men's team won a close 70-69 game on Thursday night, as Hunter Reine, senior, criminal justice, lead his team to victory. Reine scored 18 of his 22 points in the second half, to knock off Quincy. The Tritons improved to a 9-9 overall record this season, while also holding a 3-5 overall record in the GLVC.

The women's basketball team was able to put away Quincy on Thursday night, with a score of 57-47. Sammie Spoul, junior, business, helped lead the team to victory with a season-high of 11 points, three of which came from three three-pointers, scored at the end of the second quarter. Laura Szorenyi, sophomore, communications, also scored a game-high of 20 points.

INTRAMURALS

Spring 2017 - Registered Sports (Register at IMLeagues.com/UMSL)

SPORT	REGISTRATION OPENS	REGISTRATION CLOSES	BEGINS
Indoor Soccer (M, W, C)	Friday December 16	4:00 pm - Tuesday January 24	Thursday January 26
Basketball (M, W, C)	Tuesday January 10	4:00 pm - Tuesday January 31	Thursday February 2
Pickleball Singles and Doubles League (M, W)	Tuesday January 10	4:00 pm - Tuesday January 31	Thursday February 2
Floor Hockey (M, W, C)	Tuesday February 7	4:00 pm - Tuesday February 28	Thursday March 2
6-Player Volleyball (M, W, C)	Tuesday February 21	4:00 pm - Tuesday March 14	Wednesday March 15
Backyard Games Tournament (O)	Tuesday April 4	4:00 pm - Tuesday April 25	Monday May 1 - 5pm
Basketball Skills Team Combine (O)	Tuesday April 4	4:00 pm - Tuesday April 25	Tuesday May 2 - 5:30pm
Sand Volleyball Night Tournament (O)	Tuesday April 4	4:00 pm - Tuesday April 25	Wednesday May 3 - 4pm
Ultimate Frisbee Tournament (O)	Tuesday April 4	4:00 pm - Tuesday May 2	Thursday May 4 - 4pm
Stability Ball Volleyball Tournament (O)	Tuesday April 4	4:00 pm - Tuesday May 2	Friday May 5 - 11am

RWC Ongoing Promotions

Free Guest Pass Fridays
Visit us on the First Friday of each month and bring one guest for FREE. Valid photo ID needed for all guests. Guests under 18 years of age must be accompanied by parent or legal guardian.

T-Shirt Tuesday
Visit the RWC Pro Shop on the Third Tuesday of each month, spend \$10 on merchandise, and receive a FREE Campus Recreation T-Shirt.

RECREATION AND WELLNESS CENTER
Programs & Events

SPRING 2017

FITNESS & WELLNESS

Fee-Based Programs

FREE Group Fitness Classes

The RWC's fee-based programs offer participants personal enrichment, training, and skill-building in a small class setting.

Muay Thai Fitness
January 23 - March 20
April 3 - May 8

Tai Chi
January 19 - March 16
March 23 - May 11

Lifting Weights 101
January 30 - March 6

Lifting Weights 102
January 31 - March 7

Walking Program
January 19 - February 16

Iron Triton Challenge
February 6 - March 10

Personal Trainer Development Course
February 15 - March 22

Group Fitness Instructor Workshop
March 8 - April 19

Registration required

The Spring 2017 schedule begins Mon, January 16 with 30+ classes per week including options such as:

Yoga	POUND
Zumba	Pilates
Barre	Spinning
Total Body Blast	PiYo
Cardio Karate	and many more!

No registration is required, just come ready to sweat and have fun!

Spring Break Challenge

February 7 - March 21

Every week beginning Tuesday, February 7th - March 21st the RWC will post a new exercise challenge on our Facebook page along with the rules to compete. The Spring Break Challenge is free for participants, all you need to do is complete the challenge in front of an RWC Fitness Attendant and they will record your score.

Swim Team Spotlight: Senior Mladen Senicar

LANCE JORDAN
SPORTS EDITOR

M LADEN SENICAR, senior, biology, and member of the University of Missouri- St. Louis' men's swim team, knew that swimming was something he wanted to do at a very young age. "I started when I was seven or eight and I was pretty good," he said.

Senicar's coaches at the time also noticed how gifted he was, even at a young age. Senicar said, "My first early coaches figured out I was talented and put me in some competitions with kids that were three years older than me and I started winning."

While in high school, Senicar's vision was to leave his home country of Serbia and he knew that swimming could offer him that chance. "In school I was pretty good. I was an average A (-) B (+) student, but I wasn't exceptional [enough] to get an academic scholarship to go wherever I wanted. So swimming was one of my only options," he said.

However, getting to UMSL proved to be a difficult path. "I was doing all the digging," he said. "I wasn't [so] good at swimming that all the colleges approached me."

Senicar started looking at schools during his senior year in high school, but would have to wait one more year before attending college in the United States. He ended up being approached by Mars Hill University, located in North Carolina. Speaking about why he choose to leave Mars Hill University, Senicar said, "[The team] started losing a lot of swimmers and they didn't offer as good a scholarship as they did here [at UMSL]."

Senicar started contacting other colleges, which lead him to Lindenwood University, located in Saint Charles, which as Senicar says, introduced him to head men's and women's swimming and diving coach, Tomas Kuzvard. "They were like 'Hey this guy is starting up a new program. It's a pretty good school, it's cheap, and it's in a good area,'" Senicar said.

From there, Senicar found himself at UMSL during the rebuilding

process for the swim team. "I was excited and nervous at the same time," he said, describing his feelings on initially joining the team. "My first month, I was pretty bummed out. I didn't know why, so I had to pick myself up, enjoy life and give back to the team. That's how I stayed on the team for 3 years."

Looking to graduate this May, Senicar posted some of his best times during his career at UMSL this season at the Miami Invitational in Oxford, Ohio. In the 50-yard freestyle he posted a time of 20.82, in the 100-yard freestyle he posted 45.98, and in the 100-yard breaststroke he posted 58.18. As for the rest of the semester, Senicar said, "Pretty much, get in shape for conference and maybe even try to make nationals." Outside of swimming, Senicar's favorite spots to go to include the Delmar Loop and the Galleria Mall. The last concert he attended was at the Pageant for "Schoolboy Q" back in October. The last film he saw was "Deadpool."

Senicar has filled out the paperwork to pursue his graduate degree here at UMSL. But, if this is his final semester at the university he will miss his team, coach, professors, and the staff at the Recreation and Wellness Center.

To members of his swim team, Senicar leaves behind this advice: "You have to be patient. It doesn't always go as planned. You have to keep your head up."

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Women's March: Cautious Optimism



Thousands marched in downtown St. Louis on Saturday to protest Donald Trump's inauguration as president. The march was one of dozens of sister marches throughout the country, including in Washington, D.C.

LEAH JONES
FEATURES EDITOR

IN PREPARATION for an article I wrote for the previous issue of *The Current*, I was given the opportunity to speak with some educated, intelligent, and passionate people about the Women's Marches on St. Louis and Washington, D.C. Both marches represent stands on important issues that cannot be ignored. Although I was personally excited for the march, I wanted to form the least biased opinion on the matter. I wanted to hear from both those who supported the march and those who opposed it for various reasons. I wanted to ask questions about this dialogue and whether or not the march would actually be able to affect political change, or if it would amount to nothing more than a wasted Saturday afternoon of consolation and commiseration, after which people would return to their daily lives.

One of most pressing concerns for those with whom I spoke was prejudice. In my experience, various prejudices are easy to see in other people but even easier to overlook

in ourselves. A while back I studied on Long Island. Despite witnessing a plethora of Islamophobic slurs and insults there, one of the first things that most people asked me about Missouri was, "People are really racist there, aren't they?" This type of thinking permeates how we think about ourselves and our prejudices towards others. Nobody wants to admit to not being inclusive or ignoring others' viewpoints, but at the end of the day, since many of these prejudices are encoded into laws and practices, we all participate in the systems that perpetuate them. The point here is that, inevitably, we all hold some prejudices towards others. The only way to really come to terms with these beliefs is by talking to people of other positions and including those different voices and perspectives on your organizing board for events on inclusion and diversity, such as the Women's Marches across the country.

This leads into the second issue that persistently plagued me while I wrote the article. I say that we should talk to each other, as did pretty much everyone else that I spoke with about the event. But as divided

as we have become, that proved very difficult. I tried to find people who might oppose the march but, as was

beliefs that they come to their conclusions before actually stopping to think through their beliefs. However,

We cannot talk about things that people are too afraid to acknowledge.

the case after the election, I realized that I do not have many friends or people to whom I can reach out and talk to who are of the opposite ideological and political persuasion. I know some people with opposing beliefs, but we do not talk about those beliefs. And this is a problem.

In one particularly disappointing exchange, I asked my roommate to get in touch with his boss, a Trump supporter and somebody who opposed the women's march. I was unfortunately unable to pursue this exchange since my roommate did not want me to publish an article using his boss's name. If people found out that his boss opposed the march and supported Trump, he reasoned, his business might suffer.

This sort of anecdote demonstrates some of what is causing the divide in our nation. Some people are so entrenched in their own

er, even the people who are willing to look at the reasoning underlying their beliefs often feel threatened by potential reactions from opponents. People do not want to say what they think or talk about their beliefs or political opinions because they fear the repercussions. We cannot talk about things that people are too afraid to acknowledge. And this, too, is a problem.

At the same time, I understand the urge to react impulsively. As a woman, a vote for Trump feels like a vote saying that it is okay for men to grope me. A vote for Trump feels like it devalues me personally. It feels like it says that I—and my safety, security, and well-being—do not matter. Though I cannot speak definitively for other groups, I would imagine that those whom Trump demeaned with his rhetoric feel similarly. It is difficult to generate

a real conversation about important topics when it feels like the other party has no regard for me as a person. It is hard to talk to someone to whom I do not matter. Like my roommate's boss, I feel threatened coming to these conversations.

Even if I get over my own personal feelings about not being valued by the other speaker, the other thing that I must deal with in these conversations would be the other party's acceptance of hatred and bigotry. I could talk about policy, economics, and the like with the other side, but I think that an acceptance of the Trump administration is also an acceptance of the hateful rhetoric used in the past election cycle.

I think that the sort of solidarity shown at the Women's March should not prevent conversation with the other side. This is difficult, however, given the level of animosity that exists between those of opposite political viewpoints. Quite frankly, this scares me almost as much as the incoming administration.

An Open Letter to Governor Eric Greitens

KAT RIDDLER
EDITOR-IN-CHIEF

IT WOULD be too easy to write an editorial complaining about cuts to higher education in Missouri. After all, it bore the lion's share—almost 60 percent of the total \$146 million—of last week's cuts to the state's budget.

I understand that the projected shortfall in state revenues was not your fault. It is also duly noted that under the Missouri State Constitution the Governor cannot allow the state budget to fall into a deficit. But this is not just a "lingering slow-down" in revenues as some have reported. Rather, it is the result of cuts to corporate taxes made by the Missouri General Assembly—cuts that the state could not afford, but which played into the "trickle-down" economic narrative.

You know the story: if only you cut corporate taxes, jobs and businesses will then flock to the resulting "economic Eden" and prosperity will trickle down to the working class. But it never quite works out that way, does it? We need only look at the record from our neighbor to the west who went down this path.



Governor Eric Greitens

No one is flocking to Kansas as it sinks further into insolvency and an inability to meet even the most basic functions of a modern state government.

Missouri has been tightening its budget for so long that there is no longer any more "waste, fraud, or abuse" of tax dollars to cut down on. My school, the University of Missouri—St. Louis, has already been forced to make cuts over the past couple of years and has been under a hiring freeze for just as long. The basic necessities of a university are, in many cases, absent. One glaring example is the dire state of the school's maintenance staffing. Don't

our taxpayers deserve to have their investments properly maintained?

The hiring freeze has also made it difficult for students to complete their degrees on time. When a shortage of faculty members prevents courses from being offered every semester, students are forced to stay in school longer and spend even more on an already expensive education. Allocations for graduate assistants, who could help take some of that burden off of professors, have been reduced as well.

There was a time when Missouri's elected leaders took pride in the state's colleges and universities.

There was a time when Missouri's elected leaders took pride in the state's colleges and universities. Our state's students are not taking their university educations for granted—of the roughly 17,000 UMSL students, most must work to afford to go to school, many at two jobs. They are going to school to get a degree because that is what it takes to get a stable, well-paying job—and, for

many, to break the cycle of poverty.

Missouri's economy will no doubt suffer if it lacks an educated workforce. St. Louis, for example, is a tech-hub that holds tremendous potential for the state's economic future. But those industries need people with degrees. UMSL's business school is also one of the top-rated programs in the nation and our graduates fill all levels of corporate management. Many corporations, recognizing its positive reputation, rely on UMSL for em-

ployees seeking advanced or professional degrees.

As a veteran, you may also be interested to know that UMSL's Veterans program has also been rated one of the best in the nation. Our public universities are gateways for many returning veterans to transition into the private sector. Cuts to higher education directly hurt Missouri's veterans.

Last year, a special commission empaneled by the leadership of the Missouri General Assembly looked for ways to improve the operations of Missouri's University System. To our knowledge, none of their recommendations were to gut its funding.

Again, we all understand that you did not cause, but inherited, the budget shortfall. Nonetheless, you can help reverse it. You can resist unrealistic calls for even further cuts to state revenue sources. You can also make higher education a top priority for the restoration of funding should the revenue improve this year. You can also help advocate for the importance of higher education and the role Missouri's colleges and universities have in driving the economy and making the state an attractive place for high tech businesses and emerging technologies.

In closing, please accept an open invitation to visit UMSL and speak with our students, professors, veterans, administration, and business alumni. As you know from your military career, nothing beats gathering your own intelligence on the ground.

Volunteering, Teaching, Speaking, and Singing; UMSL Celebrates MLK Day

CONTINUED FROM PAGE 5

Institute and has written about politics, work, culture, travel, technology, and race. In addressing the theme of the morning, Chideya spoke about a global "season" that she has observed in her conversations with white supremacists and in her travels to 49 states and 28 countries. "Right now we are going through a season," she said. "In Europe, parties like the National Front and other far-right parties are bringing up vestiges of fascism, segregation, [and] hints of the Nazi era."

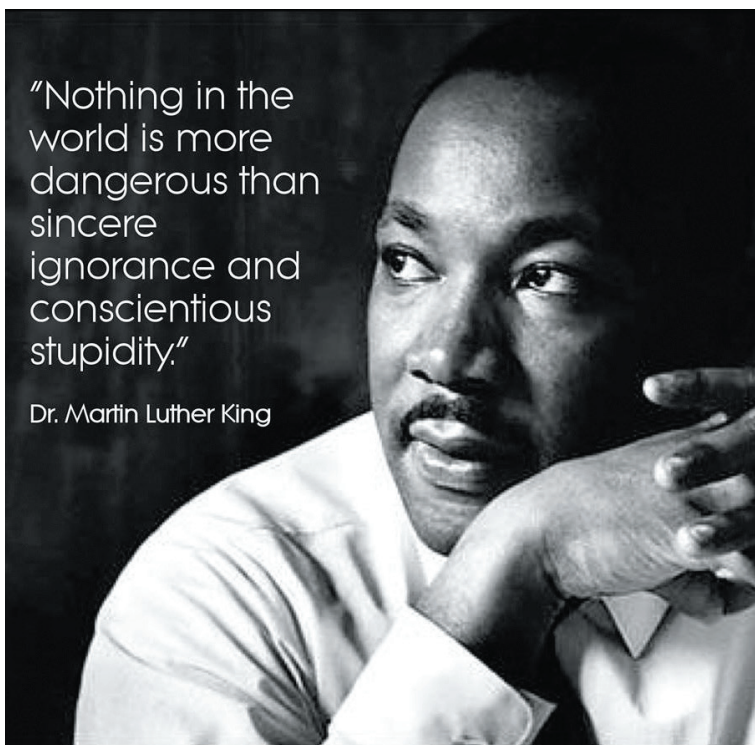
She continued that though the United States has been in existence for hundreds of years, due to laws and practices barring African Americans, Native Americans, Asian Americans, and Latino Americans from voting, the country has only become a multi-racial democracy within the last 50 years. "I don't believe as a nation we ever fully committed to equality. ... Equality is scary and equality is new," she said.

Chideya continued to speak about how this global season has led to some frightening realities. "People are painting swastikas on slides on playgrounds [in Brooklyn]. We are not living in times for the faint of heart," she said.

She continued to cite the alt-right as a form of white supremacy which organizes and attacks people in online spaces. While some have dedicated themselves to Martin Luther King Jr.'s fight for equality, Chideya reminded the audience that this fight is not won. "We can recruit to the side of equality with our actions, our words, our song, our dance ... but people are also recruiting for the other side," she said. "And there is something magnificent and terrifying going on right now in our country where people are trying to make it cool to

"Nothing in the world is more dangerous than sincere ignorance and conscientious stupidity."

Dr. Martin Luther King



be racist, xenophobic, Neo-Nazi. This is not just theoretical. This is happening."

Chideya cited the rising death rates of middle-aged white Americans and said that they have had a rough past few decades as well. "Whiteness has been the greatest entitlement program," she said, and as people have come to realize that privilege can be lost and that success in society is based on competition, people become afraid.

"So the question ... that I am often left with is; how can we create an America where people can do their best and not worry about involuntary subordination and realize that you may not always be the fastest runner, but that's okay and that we reward you for who you are? We have to reframe success in America?" she asked.

She suggested that the problem could be approached through both formal measures, in laws and policy, and through more informal measures, such as friendship. Her closing remarks resounded

throughout the audience as she invoked the theme of the evening with a quote from Martin Luther King Jr., who said, "In the end, we will remember not the words of our enemies, but the silence of our friends." She ended the speech with a call for love.

Brain Owens and the Deacons of Soul accelerated the momentum of Chideya's speech with another music presentation, followed by closing remarks from Deborah Burris and a performance of "We Shall Overcome," in which the audience was encouraged to participate.

From volunteering their time and skills on their birthdays, to watching and educating children on the values associated with Martin Luther King Jr. Day, to listening to speakers talk about the implications of those values in our modern world, and to singing and dancing, UMSL students, faculty, staff, and the surrounding community celebrated and honored Martin Luther King Jr. in diverse and multifaceted ways.

Navigating the Labyrinth: UMSL Hosts Winter Expo

CONTINUED FROM PAGE 5

organization began recruiting over the summer, they officially joined the ranks of UMSL's Greek Life last November.

"Everything that you see in Hollywood about fraternities; we're absolutely the opposite," said Haris Musanovic, sophomore, marketing. "We have a strict no-hazing policy. We promote being a gentleman scholar of all things, and we hold five values dear to our hearts that we will not stray from. Most importantly, we look for the best men on campus, people who want to be successful and well-rounded as a man."

The group members value charity, silence, honor, purity, and patriotism, according to Musanovic. He highlighted the organization's hope to give back the UMSL's campus and the fact that students who join in the upcoming fall semester will be considered founding fathers of the organization. "It's going to be something that we form together. We are going to create a new experience

for the students. That way we can really create great gentlemen and make the world a better place," Musanovic said. "If you see yourself as a gentlemen and a scholar, and you always want to better yourself as a man, we are the place to come to because that's exactly the kind of people that we're looking for and the kind of men that we help and support"

The Winter Expo gave students the opportunity to develop relationships and connect with many organizations across campus, including, but not limited to cultural organizations, academic opportunities and programs, and, ironically, Greek Life, in order to find their way in the labyrinth of people, places, and activities at the beginning of the semester. Though the students did not use actual string like Theseus, the connections that they made with these organizations will hopefully guide them through their time at UMSL.



Alpha Sigma Phi greets students at the Winter Expo.

Free Fun Fridays Continue on UMSL Campus With Games

Free Fun Fridays are held on select Fridays and encourage students, faculty, and staff to attend. The latest theme of Free Fun Fridays was Game Day Frenzy and Fries. It was held in the Millennium Student Center Nosh from 11 a.m. to 2 p.m. for the opportunity to

play life-size board games. Games included Checkers, Pick up sticks, Connect 4, Operation, Kerplunk, and Jenga. Participants could also pick up one order of fries and dipping sauce at the MSC Nosh or Provincial House Dining Hall.



Above: Life-size Connect Four
Below: Life-size Checkers
Far Left: Students enjoying a game of Jenga.
Left: Life-size board game of Operation.

